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THE MAYANS

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There is Power in Your Mind

THERE IS POWER IN YOUR MIND

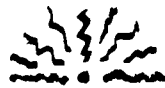
A Series of Four Lessons Devoted to:

I. PRINCIPALS OF EFFECTIVE LEARNING

III. DEVELOPING CREATIVE ABILITY

II. DEVELOPING MENTAL STRENGTH

IV. DEVELOPING MENTAL HEALTH



LESSON I.

Mayan Revelation Number 279

PRINCIPLES OF EFFECTIVE LEARNING

Why Waste Your Greatest Gift?

See the Power in Your Mind

Master the Principles of Effective Learning

Eliminate Thoughts that Sap Energy

Use the Knowledge You Have:
More Will be Given to You.

Beloved Perfection:

Most of us operate far below the level of which we are capable. We are needlessly worried. We allow doubts and conflicts to sap our energy. Day after day we fail to think clearly and to use our minds to bring the power and the happiness God intends for us to have.

Mayanry has helped us to establish some of the habits that promote triumphant living, but we must keep seeking for further insight.

We now approach a new series of Lessons. The subject is: THERE IS POWER IN YOUR MIND. There will be instruction in how to develop mental strength, how to develop creative ability, and how to develop mental health.

In order that you may be better prepared to discover the hidden resources in your mind and to see how you can use your thought-power more efficiently, it is advisable to first consider the PRINCIPLES OF EFFECTIVE LEARNING, now presented

in this Lesson.

Approach this Series of Lessons with a sincere desire for more knowledge of the potential within your mind, and for the guidance that will be given to you. Join me in the prayer:

PRAYER

Dear Father, We thank Thee for the promise that we are made in Thy image. Open our minds to Thy purposes that we may truly think Thy thoughts after Thee. Save us from all that is selfish, or low, or mean. Save us from thoughts that are negative, and from all that pulls us down instead of lifting us up. Make us receptive to the Truths presented in these Lessons that we may think more clearly, act more intelligently, and live more nobly. In the Master's name we pray, Amen.



WHY WASTE YOUR GREATEST GIFT?

The power of your mind is of inestimable value. The ability to think rationally and creatively is what sets man above the animals. Yet do you not often allow your thoughts to drift, letting them wander aimlessly, accomplishing nothing?

Have you at times spent hours of the day or night reviewing mistakes you made, letting negative thoughts drain your energy, so you approached your responsibilities with a dull mind and dragging feet? Have you allowed a gnawing worry to pour poison into your system? Have you approached your problems with fear, instead of evaluating their challenge and your own ability to meet them? Have you begun your work with fumbling, instead of assessing the requirements of the job you have to do and then using all your intelligence to tackle the task step by step?

Your mind is your greatest asset. Why waste it?

If you are young, know that your mind holds the key to your future. When you learn to control it you will find that it is a tool for shaping your destiny.

If you have to cope with a physical handicap you can use your mind to surmount your difficulty and to bring the joys and satisfactions that God has prepared for you. If your physical stamina is not what it once was you can devise ways to utilize all the resources you now possess.

My father often said to me: "Make your head save your heels." That is good advice for all of us, whether we are eight, or eighty.

Your efficiency depends upon the wise use of your intelligence. Your personality depends upon the thoughts you hold in your mind day after day. Your

happiness depends upon your ability to shape your thinking.

Many believe that it is a sin to throw away one's money and material resources while others are cold and starving. They feel they must be busy, busy, busy, for it is wrong to squander time; yet they fail to see that to dissipate the power that lies in their minds is as grave an error as these other forms of waste.

Beloved Perfector, you desire to live with poise and with power. In order to do this you must keep mentally alert. You must learn to control the tremendous resources of your mind, instead of needlessly operating below the level of efficiency that can be yours.

Why waste your greatest gift? You can shift from low gear into high if you will utilize all your mental powers. You can control conflicts, fears, and worries, instead of letting them destroy you. You can be the masterful person God intends you to be.

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SEE THE POWER IN YOUR MIND

Thomas Carlyle said: "To each is given a certain inward talent, and a certain outward environment of Fortune; to each, by wisest combination of these two, a certain maximum of capability."

We all realize that at times we fail to employ more than a fraction of our inward talents. We waste many of the advantages that have been given to us by Fortune.

Our thoughts at the end of a busy day may be: "Why did I behave so stupidly today?" Or, "Why do the children get on my nerves?" Or, "Why do I get so upset over trifles?"

All too often we drift into destructive habits of thinking. We fail to use our minds effectively. That is why it is important to periodically give ourselves a mental check-up.

Endeavor to see how you can use your mind to direct your efforts into more effective living. Begin by admitting that each person has unique talents. No two human beings are exactly alike. One man can master calculus while another has difficulty adding three sums correctly. One can create great music while another cannot even carry a tune. But each of us is so made that we can do certain tasks well and can find joy in doing them.

Ask God to help you see what are your inward talents. Accept your limitations, but don't minimize your potential. If you are in the habit of beginning your work without a definite plan, it is not too late to establish the habit of taking pen and paper and forcing yourself to clarify an order for your day that will conserve your energy. If you have been in the habit of letting your mind dwell on thoughts such as "I'm not very strong," or "I have too much to do," now is the time to develop a positive approach to your life. First see your "inward talents." Then seek to apply them to the situations that face you.

Fortunately we are so made that handicaps, whether personal or environmental, can frequently be turned into assets. But if we are to turn them into assets we must know how to use the power in our minds to full advantage. First we need a vision of the person we can become. Then we are ready to master the principles of effective learning and to apply them day by day. The victory is not won by chance, nor by one great leap, but by sustained effort.

Even if you have fallen into unfortunate habits of mental laziness, or worry, or fear, or fumbling, you need not be a slave to your past. YOU ARE SO MADE THAT YOU HAVE THE CAPACITY TO CHANGE. YOU CAN USE YOUR MIND TO OVERCOME INEFFICIENCY, OR PERSONAL DISTRESS. YOU CAN LEARN TO THINK EFFECTIVELY.

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MASTER THE PRINCIPLES OF EFFECTIVE LEARNING

Michelangelo's lifelong motto was: "Ancora imparo." (Still I am learning.) Regardless of your age you, also, can keep on learning. You can not only increase your fund of knowledge, you can keep acquiring finer mental and emotional habits. You can use your mind to lift you to higher levels of living.

If little of your effort is to be wasted you will want to make the same approach to learning as that which is practiced by our best educators. It is wise for you to master the laws of learning that have proved effective for instructing the young. These will guide you in your attempts to influence others; and you should consistently apply them as you study new subjects, or as you strive to master new techniques, or as you endeavor to establish habits that will enable you to live more victoriously.

First consider the law of conditioned response. A smile prompts a child to repeat whatever act brought the indication of approval. I am sure you agree that this principle of the conditioned response is one of the fundamentals of learning, but possibly you do not put it into practice as freely as you might.

Fewer commands and more commendation would help relieve tensions in business and at home. It would prompt employees and children to be more helpful. It would establish the thought-pattern: SERVICE BRINGS JOY.

Our signs of displeasure at undesirable conduct should be consistent. To ignore offenses one day and then bring censure the next does not help to train anyone whom we are trying to influence. The child who finds that teasing or tears sometimes brings parental indulgence and at other times brings punishment, is thrown into a state of confusion that fosters the development of unfortunate personality traits. So if you would make the principle of conditioned response your ally in education you must always see that praise is given for worthy efforts.

Closely related to the foregoing principle is the truth that our rate of learning varies directly with our interest. One can read a paragraph a dozen times but if he is indifferent to the subject being presented he still may not know what has been said.

You will want to keep this in mind as you endeavor to deepen the interest

of others in activities that are worthwhile. By your conversation you will lead young people to see that good books are more fascinating than comics. If they are studying a foreign language you will realize that to stimulate their curiosity about the lands where the language is spoken, and to increase their concern for the people who live there, is as important as telling them they must drill on the vocabulary. Knowledge is acquired more readily when study is accompanied by interest.

You will want to apply this principle to whatever learning experience now challenges you personally. This frequently involves pushing aside secondary interests so you can concentrate on the knowledge or the emotional habit you wish to acquire.

It follows, quite naturally, that learning takes place faster and makes a deeper groove in the mind if it is meaningful. A good teacher recognizes this. For that reason he endeavors to link the curriculum to the students' daily experiences.

When facts are related to a purpose, skills are more quickly acquired and more faithfully applied. Keep this in mind. Many routine tasks no longer are chores when a person recognizes the contribution they make to some larger project. Cleaning a room can become meaningful to the woman who sees it as a duty that transforms her home into a shining and pleasant place. Pouring cement can be meaningful to the man who keeps before his eyes the vision of a road over which millions of people will travel.

Personally you may sometimes need to seek responsibilities that are more constructive than those to which you have been giving your efforts. More often, no doubt, you will need to discover new values in the work that is before you. And if you have a knotty problem - whether it is laziness, or prejudice, or anxiety, or sleeplessness - you will find that you are able to tackle it with more zest if you catch a vision of your life as it will be when you are no longer shackled by the weakness or obsession you desire to overcome.

Satisfaction might well be listed as another important principle in effective learning. It results directly from meaningful activity. We should remember, however, that satisfaction can be gained from any essential work when it is honestly performed. And if all we learn from doing some lowly task is that we are interdependent, even this can be of value.

Finally, let us consider the relationship between active participation and effective learning. Every progressive teacher seeks to involve his class in constructive projects, aware that these enable the children to learn quickly and to retain the facts that they memorize.

Knowledge acquired through discussion, or through creative action, shapes your mind far more than cold facts. You can be told a thousand times that the people of other nations have longings similar to your own, and still you may feel that they are peculiar. But if you travel in another country you gain an appreciation not only of the land, but of the people themselves. When you entertain a person from abroad you should sense that it is only in externals that he is different from yourself.

The principle of active participation applies not only to acquiring new knowledge and wider horizons, but to habit formation. First we should study the laws that pertain to the subject we desire to master. Then we should put them into practice in our daily living.

Since there are many variations and amplifications of the principles that have been outlined, I suggest that you stop now, at this point in the Lesson, to see how you can apply what has been learned to some subject you wish to master.

Begin by thinking of the area in your life in which you seek improvement. Next, narrow this to a single good habit or one avenue of knowledge that you want to acquire. Then:

1. Set an attainable goal - one that you can reach and so gain a sense of accomplishment.
2. Keep your attention centered upon something specific. Push aside ideas that are diverting. Keep before your eyes the fact that when you are able to do this one thing it will lift you to a level where you can work for other achievements.
3. Don't underestimate the importance of whatever you attempt to master. Great victories come from surmounting one small obstacle after another.
4. Translate your high resolves into deeds. Let thinking lead to action. Don't procrastinate. Begin today to master the new skill, or to supplant negative thoughts with positive thoughts, or to be kinder to the person who rubs you the wrong way. Whatever you have chosen as your area for advancement, take one step forward now.

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ELIMINATE THOUGHTS THAT SAP ENERGY

The efficiency with which you are able to use your mind depends upon your consistent application of the principles of effective learning, but this in turn hinges upon your ability to throw aside destructive thoughts. If you let an unproductive idea usurp your mind, you cannot possibly give your attention to something else.

Suppose that tomorrow morning you received a letter that brought aggravating news. You could let it become your dictator for the day. You could read it over and over, and then review and dwell upon the situation that prompted the writer to send it. You could let your anger bring about an emotional disturbance, only to find that this led to weariness. By noon you could be exhausted, not by work, but by the thoughts that had been going round and round in your mind.

Whenever a situation like this arises summon all your resources to control your thoughts. Otherwise the destructive idea will fully occupy your mind and wear you down.

It would be a waste of time and energy to permit your thoughts to drift

into a useless and debilitating recital of the nature of the trouble, the injustices, and the agony that lie ahead. In a case like this you must use your mind to snap you to attention.

Determine to do something constructive, and begin it immediately. A brisk walk, or a task that requires all your attention may be beneficial. Writing a prompt reply to a disturbing letter might wipe the irritation from your thoughts and leave your mind free for important responsibilities.

When irritations bother you, prayer is often the cleansing agent that you need. From God you can receive the power to think clearly. He can reveal to you what must be done to free you from thoughts that would otherwise destroy your peace and your power.

While a crisis situation may tax our ability to throw off destructive thoughts, in the average lifetime more energy is drained away by petty worries and trifling irritations. These we should try to control. We can defeat every possibility of normal health and happiness by allowing thoughts of envy, or discontent, or anxiety to control our moods and sap our vitality.

Henry Van Dyke wrote: "Happiness is inward, and not outward; and so it does not depend upon what we have, but on what we are."

Eliminate thoughts that sap your energy. Then turn your attention to constructive endeavor.

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USE THE KNOWLEDGE YOU HAVE:
MORE WILL BE GIVEN TO YOU

A friend said to me, "I am tired from thinking." Of course weariness sometimes comes from destructive thoughts. But it can also result from ardent striving for wisdom when insight is piled upon insight, until a person feels as if his head would burst. In the healthy brain thoughts are not blocked off. They are shared or translated into action.

If you have gained new knowledge today, seek an opportunity to put it to some use. This will not only fix the facts firmly in your mind; it will bring the release that prepares you for new learning. USE THE KNOWLEDGE YOU HAVE AND MORE WILL BE GIVEN TO YOU.

The laws of effective learning are applicable to all your relationships, not only to the facts and skills you wish to acquire. Apply them daily as you seek to develop the personality traits that foster health and happiness.

The person you are is not determined by the size of your home, or the style of your dress, but by the thoughts of your mind. We cannot all possess the intellectual powers of a Michelangelo, or an Einstein. But, as average men and women, we can use our minds to shape our lives. We can become not only more efficient, but more winsome. We can mold body, mind, and spirit into personalities worthy of sons and daughters of God. We can be more alert, and less apathetic. We can be more sensitive to beauty, and less prone to see the ugly. We

can be more generous, and less dominated by self-interest. By fully using the marvelous power of our minds we can rise above the "mud and scum of things" and find glory in each common day.



AFFIRMATION

I will not let my thoughts wander into destructive channels.

I will begin today to use my mind effectively to help me become a person of poise, and peace, and power.

Blessings,

YOUR INSTRUCTOR.